

## Course Plan of (Mental Health Nursing)

### I. Course Description:

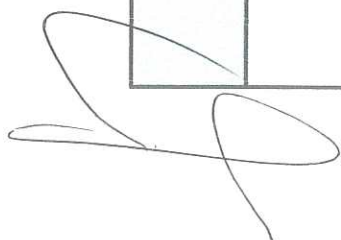
This course is designed for developing an understanding of the modern approach to mental health, identification, prevention and nursing management of common mental health problems with special emphasis on therapeutic interventions for individuals, family and community. It covers many topics as Evolution of mental health services, concepts of normal and abnormal behavior, principles and concepts of mental health nursing, assessment of mental health status, therapeutic communication, treatment modalities and therapies used in mental disorders, schizophrenia, affective disorders, somatoform disorders, substance use disorders, eating disorders, non organic sleep disorder, childhood and adolescent disorders, organic mental disorder, psychiatric emergencies and crisis intervention, disorder of adult personality and behaviour, geropsychiatry, legal issues in mental health, and community mental health.

### I. Course Content:

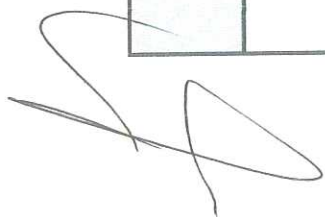
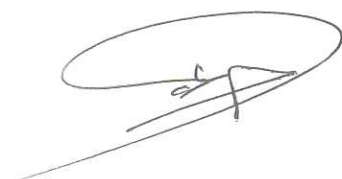
#### A – Theoretical Aspect:

Order	Units/Topics List	Sub Topics List	No. of Weeks	Contact hours
1	Introduction to scope, principles and concepts of mental health nursing	<b>Introduction</b> <ul style="list-style-type: none"> <li>▪ Perspectives of Mental Health nursing:                             <ul style="list-style-type: none"> <li>✓ Evolution of mental health services, treatment and nursing practices.</li> <li>✓ Prevalence and incidence of mental health disorders in Yemen</li> <li>✓ Scope of mental health nursing</li> <li>✓ Role and functions of the nurse in mental health</li> <li>✓ Concepts of normal and abnormal behavior</li> </ul> </li> </ul>	1	4
		<b>Principles and concepts of mental health nursing</b>	2	8

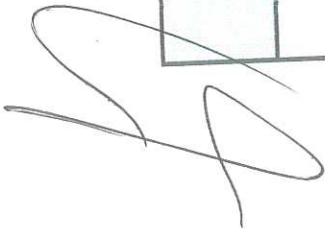
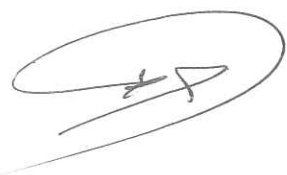
		<ul style="list-style-type: none"> <li>• Definition &amp; terminology used</li> <li>▪ Classification</li> <li>▪ Personality development,</li> <li>▪ Maladaptive behavior of individuals and groups</li> <li>▪ Stress, crisis and disaster(s)</li> <li>▪ Etiology, bio-psycho-social factors, Psychopathology of mental disorders, structure and function of brain, limbic system and abnormal neuro transmission</li> <li>▪ Principles, Standards, Conceptual models and the role of nurse:</li> <li>▪ Psycho-analytical models- Freud</li> <li>▪ Behavioural model- BF. Skinner, Joseph Wolpe, EL.Thorndike, Ivan Pavlov</li> <li>▪ Psychosocial model- Erikson</li> <li>▪ Interpersonal model- H. Peplau H.S. Sullivan</li> </ul>		
2	<b>Assessment, therapeutic communication and Treatment modalities and mental health status</b>	<b>Assessment of mental health status</b> <ul style="list-style-type: none"> <li>○ History taking</li> <li>○ Mental status examination</li> <li>○ Neurological examination:</li> <li>○ Diagnostic: Related Blood chemistry, EEG, CT &amp; MRI</li> <li>○ Psychological tests</li> <li>○ Role and responsibilities of nurse</li> </ul>	1	4
		<b>Therapeutic communication and nurse-patient relationship</b>	1	4



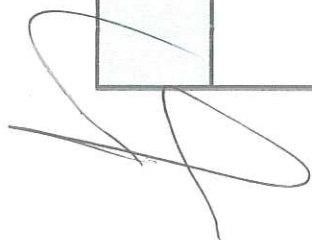

		<ul style="list-style-type: none"> <li>▪ Components of a therapeutic relationship</li> <li>▪ Types of relationships</li> <li>▪ Establishing the therapeutic relationship</li> <li>▪ Roles of the nurse in a therapeutic relationship</li> </ul>		
		<p><b>Treatment modalities and therapies used in mental disorders</b></p> <ol style="list-style-type: none"> <li>1. Psycho Pharmacology</li> <li>2. Psychological therapies: <ul style="list-style-type: none"> <li>✓ Therapeutic community</li> <li>✓ Psycho therapy</li> <li>✓ Individual therapy</li> <li>✓ psychoanalytical, cognitive and supportive</li> <li>✓ Family Therapy</li> </ul> </li> <li>3. Group Therapy</li> <li>4. Behavioral Therapy</li> <li>5. Play therapy,</li> <li>6. Relaxation therapies <ul style="list-style-type: none"> <li>✓ Relaxation Technique</li> <li>✓ Yoga, Meditation,</li> <li>✓ Bio-Feedback</li> </ul> </li> <li>7. Occupational therapy</li> <li>8. Physical Therapy: (electro convulsive therapy)</li> </ol>	1	4
3	Nursing management of patient with Schizophrenia and affective disorders	<p><b>Nursing management of patient with Schizophrenia and other delusional disorders</b></p> <ul style="list-style-type: none"> <li>▪ Definition, &amp; Etiology,</li> <li>▪ Types, clinical picture, diagnosis,</li> <li>▪ Treatment modalities</li> </ul>	1	4

		<ul style="list-style-type: none"> <li>▪ Nursing management</li> </ul>		
		<p><b>Nursing management of patient with affective disorders</b></p> <ul style="list-style-type: none"> <li>▪ Definition, Etiology, types, clinical picture, diagnosis, Treatment modalities and nursing management of patients with:</li> <li>▪ Mood disorders                             <ul style="list-style-type: none"> <li>✓ Mania,</li> <li>✓ Major depressive disorder</li> </ul> </li> </ul>	1	4
		Midterm exam	1	2
4	<p><b>Nursing management of patient with neurotic, stress related and somatoform, and Substance use disorders</b></p>	<p><b>Nursing management of patient with neurotic, stress related and somatoform disorders</b></p> <ul style="list-style-type: none"> <li>▪ Definition, Etiology, types, clinical picture, diagnosis, Treatment modalities and nursing management of patients with:                             <ul style="list-style-type: none"> <li>○ Anxiety,</li> <li>○ Obsessive-compulsive disorder</li> <li>○ Phobias,</li> <li>○ stress related &amp; somatoform disorders</li> </ul> </li> </ul>	1	4
		<p><b>Nursing management of patient with Substance use disorders</b></p> <ul style="list-style-type: none"> <li>○ Commonly used psychotropic substance:                             <ul style="list-style-type: none"> <li>✓ Classification, forms, routes, action, intoxication &amp; withdrawal</li> <li>✓ Treatment</li> </ul> </li> </ul>	1	4

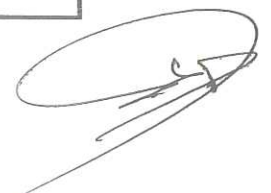
		<ul style="list-style-type: none"> <li>✓ Detoxification,</li> <li>✓ Anti-abuse</li> <li>✓ Narcotic antagonist therapy and harm reduction)</li> <li>✓ Nursing management of patients with substance use disorders</li> </ul>		
5	<p><b>Nursing management of patient with Behavioral syndromes and Nursing management of childhood and adolescent disorders including mental deficiency</b></p>	<p><b>Nursing management of patient with Behavioral syndromes &amp; eating disorder</b></p> <ul style="list-style-type: none"> <li>○ Definition, Etiology, types, clinical picture, diagnosis, Treatment modalities and nursing management of patients with <ul style="list-style-type: none"> <li>✓ Insomnia</li> <li>✓ Hypersomnia</li> <li>✓ Sleep walking</li> <li>✓ Nightmares</li> <li>✓ Sexual dysfunctions</li> <li>✓ Puerperium psychosis</li> <li>✓ Anorexia nervosa</li> </ul> </li> </ul>	1	4
		<p><b>Nursing management of childhood and adolescent disorders including mental deficiency</b></p> <ul style="list-style-type: none"> <li>○ Classification, Definition, Etiology, types, clinical picture, diagnosis, Treatment modalities and nursing management of patients with <ul style="list-style-type: none"> <li>✓ Mental retardation, &amp; Developmental disorder of Speech &amp; language</li> <li>✓ Hyperkinetic disorder</li> <li>✓ Conduct disorder</li> <li>✓ Autism disorders</li> </ul> </li> </ul>	1	4




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		<ul style="list-style-type: none"> <li>✓ Tic disorders</li> <li>✓ Enuresis</li> </ul>		
6	Nursing management of organic mental disorder, Psychiatric emergencies and crisis intervention	<b>Nursing management of organic mental disorder</b> <ul style="list-style-type: none"> <li>▪ Definition, Etiology, types, clinical picture, diagnosis, Treatment modalities and nursing management of patients with                             <ul style="list-style-type: none"> <li>✓ Dementia,</li> <li>✓ Delirium</li> <li>✓ Alzheimer's</li> </ul> </li> </ul>	1	4
		<b>Psychiatric emergencies and crisis intervention</b> <ul style="list-style-type: none"> <li>▪ Types of psychiatric emergencies &amp; their management</li> <li>▪ Stress adaptation Model:                             <ul style="list-style-type: none"> <li>✓ Stress and stressor, coping, resources and mechanism</li> </ul> </li> <li>▪ <b>Grief:</b> <ul style="list-style-type: none"> <li>✓ Theories of grieving process, principles, techniques of counseling</li> </ul> </li> <li>▪ <b>Types of crisis</b></li> <li>▪ <b>Crisis Intervention:</b> <ul style="list-style-type: none"> <li>✓ Principles techniques &amp; Process</li> </ul> </li> </ul>	1	4
7		<b>Final exam</b>	1	2
<b>Number of Weeks /and Units Per Semester</b>			<b>16</b>	<b>60</b>

<b>B- Practical Aspect:</b>			
<b>Order</b>	<b>Topics List</b>	<b>Week Due</b>	<b>Contact Hours</b>
1	<b>Psychiatric OPD</b> <ul style="list-style-type: none"> <li>▪ History taking, perform mental status</li> </ul>	2	12



	<p>examination</p> <ul style="list-style-type: none"> <li>▪ Assist in psychometric assessment</li> <li>▪ Perform Neurological Examination</li> <li>▪ Observe and assist in therapies</li> <li>▪ Teach patients and family members</li> </ul>		
2	<p><b>Child Guidance Clinic</b></p> <ul style="list-style-type: none"> <li>▪ History taking &amp; assist in psychometric assessment</li> <li>▪ Observe and assist in various therapies</li> <li>▪ Teach family and significant others</li> </ul>	2	12
3	<p><b>Community psychiatry</b></p> <ul style="list-style-type: none"> <li>▪ Identify individuals with mental health problems</li> <li>▪ Assists in mental health camps and clinics</li> <li>▪ Counsel and teach family members, patients and community</li> </ul>	2	12
4	- <b>Midterm exam</b>	1	6
5	<p><b>Inpatient ward</b></p> <ul style="list-style-type: none"> <li>▪ History taking</li> <li>▪ Perform mental status examination (MSE)</li> <li>▪ Perform Neurological examination</li> <li>▪ Assist in psychometric assessment</li> <li>▪ Record therapeutic communication</li> <li>▪ Administer medications</li> <li>▪ Assist in Electro convulsive Therapy (ECT)</li> <li>▪ Participate in all therapies</li> <li>▪ Prepare patients for Activities of Daily living (ADL)</li> <li>▪ Conduct admission and discharge counseling</li> <li>▪ Counsel and teach patients and families</li> </ul>	6	36
6	<b>Final exam</b>	1	6
<b>Number of Weeks /and Units Per Semester</b>		<b>14</b>	<b>84</b>

